

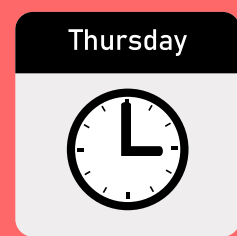


VIRTUAL MENTAL HEALTH DROP-IN GROUP

(Ages 18+)

AIM OF THE GROUP

To provide a safe place for individuals with lived experiences of mental health concerns to receive support and encouragement, and to learn strategies and skills together.



WHEN

Every Tuesday

5:30 - 7:00 p.m. Island Time

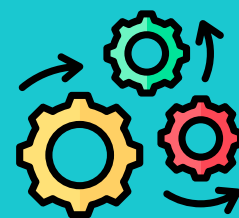
5:00 - 6:30 p.m. Labrador time



WHERE

Virtually using Zoom

HOW IT WORKS



[Self refer by emailing nlgroups@nlhealthservices.ca](mailto:nlgroups@nlhealthservices.ca)

*Once connected, your name will be added to an email distribution list.

*You will receive an email(s) with details about the sessions offered (topics, dates, etc.).

*Group topics and themes will be determined with input from participants

*Register weekly and attend whichever session(s) work best for you and you will be sent a zoom link (attend just one or as many as you like).

****REFERRALS CAN BE MADE AT ANY TIME****

Who Is This Group For?

*Do you struggle with mental health?

*Do you sometimes feel isolated and alone?

*Would you like a safe space to talk?

*Would you like to learn more about strategies to improve your wellbeing?

*Are you a resident of Newfoundland and Labrador?

*Are you age 18 or over?

Then this group is for YOU!

WHOS RUNNING THE GROUPS?

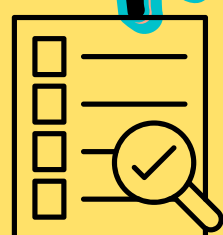
This group will be facilitated by skilled Mental Health Clinicians of NL Health Services.

POTENTIAL TOPIC IDEAS

- What is Mental Health
- Coping with Difficult Thoughts
- Identifying our Values
- Communication Skills
- Mindfulness
- Healthy Relationships
- Self-Compassion and Self-Care
- Coping with Intense Emotions

TAKE CARE
of
YOURSELF

Did You
KNOW?



BENEFITS OF VIRTUAL THERAPY

It's convenient, easy to access, and is cost effective for individuals as travel is not required.

Research suggests that online therapy can be just as effective as traditional in-person treatment.